



Child Physical Activity and Health

Guest Editor:

Prof. Dr. Wojciech Kolanowski

Faculty of Health Sciences,
Medical University of Lublin, 20-
400 Lublin, Poland

Deadline for manuscript
submissions:

31 May 2025

Message from the Guest Editor

In most cases, health problems have their origins in childhood, when lifestyle behaviors are formed. Unfortunately, for many years, unhealthy behaviors have been observed among school children, such as a decrease in the level of physical activity and an unhealthy diet. This results in an increase in the prevalence of overweight and obesity among school-age children. This is accompanied by an increase in blood pressure, impaired carbohydrate metabolism, a decline in fitness and physical condition, and many other health problems. These, if not corrected in time, have a negative impact on health in adulthood. The major challenge is to enhance health and immunity also by diagnosing health problems dependent on lifestyle in the school child population and implement effective actions to correct these errors and shape pro-health behavior. This is important for every individual, as well as for public health. Papers addressing these topics are invited for this Special Issue, especially those combining a high academic standard coupled with a practical focus on providing pro-healthy lifestyle recommendations and solutions.





an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Paul B. Tchounwou
RCMI Center for Urban Health
Disparities Research and
Innovation, Richard N. Dixon
Research Center, Morgan State
University, Baltimore, MD 21251,
USA

Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

Journal Rank: CiteScore - Q1 (Public Health, Environmental and Occupational Health)

Contact Us

*International Journal of
Environmental Research and Public
Health* Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/ijerph
ijerph@mdpi.com
X@IJERPH_MDPI